

A decorative border of gingerbread men surrounds the entire page. The men are arranged in rows along the top, bottom, and sides, facing different directions.

## Urbana Senior Center

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# November Program Highlights

### Happy Anniversary

It's the Urbana Senior Center's 5<sup>th</sup> Anniversary so we are having a party on and you are invited! Enjoy some delicious dessert while being entertained by Harold Powell, Frederick County 2011 Senior Idol, performing his Golden Oldie Music Show. Maybe you'll even feel like showing off some of your dance steps!

**Date:** Tuesday, November 8

**Time:** 6:30 p.m. **Cost:** Free

### Consumer Issues

Do you have questions about consumer issues including debt collection, bankruptcy, and foreclosure? Come find out if Lindsay Warnes, Staff Attorney with Legal Aid has the answer.

**Date:** Thursday, November 10

**Time:** 1:00 p.m. **Cost:** Free

### For the Health of It

Towson nursing students will be presenting a health education session designed for seniors. Each date will cover a different topic.

**Date:** Wednesday, November 9

**Topic:** Foot Care

**Date:** Wednesday, November 16

**Topic:** Medication Compliance

**Date:** Wednesday, November 30

**Topic:** Eye Care

**Time:** 11:30 a.m. **Cost:** Free

### Painting/Drawing Club

Come paint/draw with us! This is an informal gathering. Learn new ideas and refine your technique. Bring your own supplies (no oils).

**Date:** Wednesdays

**Time:** 9:30 a.m. **Cost:** Free

### Omelet Bar/Ask Nurse Steve

Omelets created to order! Choose from a variety of ingredients to make lunch your way. This month Steve Stoyke, the Department of Aging nurse will talk about "Crime and Older Adults."

**Date:** Wednesday, November 16

Sign-up by Monday, November 14

**Time:** Noon

**Cost:** \$4.80 (Regular lunch fee)

### Fraud Awareness

Learn about fraud associated with home improvement scams, telemarketing, and predatory lending. Program presented by Cpl. Corey J. Borns, Sheriff's Office.

**Date:** Tuesday, November 29

**Time:** 6:30 p.m. **Cost:** Free

### Osteoarthritis Program

Joint health is important! Come learn more about osteoarthritis from the staff at Sage Orthopedic Physical Therapy.

**Date:** Wednesday, November 9

**Time:** 1:00 p.m. **Cost:** Free

### Tuesday Night Pizza Night

Every Tuesday is **Tuesday Night Pizza Night!**

Two slices of pizza, tossed salad, vegetables, fruit, juice, milk

**Date:** Tuesdays

Reservations must be made at by 2:00 p.m. the Monday before.

**Time:** 5:30 p.m.

**Cost:** \$4.80 (Regular lunch fee)

Now open Tuesdays until 8:00 p.m